

## Fire in the Sandbox

March 8, 6:00 p.m.

<http://www.fs.usda.gov/detail/lincoln/news-events/?cid=STELPRDB5355167>

# Life on the Lincoln

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## LINCOLN NATIONAL FOREST

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Rock keyboardist Chuck Leavell becomes an honorary Forest Service ranger Keyboardist for the Rolling Stones, Allman Brothers Band, and tree conservationist

<http://www.fs.fed.us/pdf/leavell3.pdf>



## Robert's Round-up



Lincoln National Forest  
Supervisor  
Dr. Robert G. Trujillo

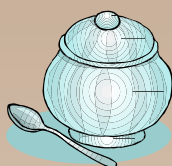
March winds, bring April showers, bring May flowers.... I believe this is how it goes, although our rains don't typically arrive until July. Most definitely the March winds are beginning to be upon us. What does this mean for us on the Lincoln? Well to

me it means the seasons are changing. We are beginning, if not already there on some parts of the Forest, to enter wildfire season. We are beginning to get back out into the field in earnest and resume work in areas that have been inaccessible over the winter. It also, means that we will face unique safety issues related to wind as we proceed through the "windy season" here in this part of New Mexico. I encourage you to discuss wind related safety during your tailgate safety sessions.

March also means we are preparing in earnest to have the resources needed to respond to wildfire and to carry out our program of work. We are conducting our pre-season meetings with our partners, conducting annual trainings and refreshers, and getting our "game plan"

together, not only for responding to wildfire, but also ensuring we have a plan for either setting aside our daily duties, or bringing those that will fill in behind us up to speed. Like many college basketball teams preparing, practicing, and executing a plan for March Madness, we too must prepare, practice, and execute our plan for a successful field season regardless if our responsibilities are to respond to wildfire or administer our programs. So get the chapstick out, protect your eyes from the white sands that are blowing, and have a great month of March.

*Robert*



## Wellness - Best & Worst Sweeteners

-Carlos Romo

### The Best and Worst Sweeteners

By now it is common knowledge that high-fructose corn syrup and refined sugars can harm your body. It's been said that the best way to stay healthy is to avoid sugar altogether but often times it seems somewhat impossible to go without it; a stick of

gum, your sweet morning coffee, or an evening desert is hard to avoid. Plenty of sweeteners exist but which ones are the best and which ones do we need to avoid? I came across a cool article that explains exactly that. Below is the list of good and bad sweeteners the article mentions.  
The bad sweeteners: Aspartame (found in diet coke), Agave, and Su-

calose.

The good sweeteners: Stevia, Sugar alcohols, raw organic local honey, and Blackstrap molasses.

Do you see any that look familiar and want to find out more? Visit the article online at:

<http://www.drmariepaas.com/news/16-sweeteners>

## Today's Toe Tip:

Clip your toenails as short as possible just before your hike; no manicures at the beauty salon! Clip them so there is no extra nail length at all. If needed, file nails down so they are flush with your skin. Clip nails straight across, not curved, and don't worry, they will grow back. However, if you don't get them as short as possible, you may lose one and it may not grow back for a year or more.



*"Never eat more than you can lift."  
-- Miss Piggy,  
Muppet  
extraordinaire*

## Safety-Saving our Toes!

-Shelly Pacheco

### Boot Lacing Technique

Relentless downhill grades can be pure torture on your feet—and especially on your toes! How do you tie your boots so that your feet don't slide forward, causing you to hit your toes and toenails at the tip while still allowing some room for the swelling that naturally occurs? There is a way!

You'll notice that there are generally two types of eyelets on a good pair of hiking boots. The ones along the top of the foot are usually closed metal rings, and the ones going up from the inside of

the ankle are the quick-release type.

Lace your shoes with some give through the lower eyelets—not snug but not real loose either. Then make a very snug single overhand loop with the laces just before you start lacing through the quick release eyelets. Lace through the first pair of quick release eyelets and then do another snug overhand loop. Lace through the next pair, and again, do another loop. Do this all the way to the top of the eyelets.

Tying your boots in this manner allows some give for your feet to

swell, while snugly holding your foot towards the heel of the boot. If you want to know how effective this is, just tie one boot as you normally would and tie the other in this special way. You will be amazed—and very pleased! This isn't the only effective method of tying your boot laces, but it works for me and I hope you find it useful as well.

One final note, don't tie your boots too tightly near the top; you don't want to cut off your circulation or give yourselves blisters near your ankle! For pictures of this technique, visit: [http://www.hitthetrail.com/boot\\_lacing.php](http://www.hitthetrail.com/boot_lacing.php).

## Deeeeelicious Dessert from Shelley Pacheco and Dr. Oz

### Flat Belly Dessert

#### Ingredients

1 box devil's food cake mix  
1 cup nonfat Greek yogurt  
1 cup water  
4 cups fat-free ricotta  
1 cup coconut milk, well stirred  
1 cup shredded, toasted sweetened coconut  
4 tablespoons agave syrup  
1/2 cup toasted oats  
1/2 cup ground flaxseeds or flaxseed meal  
1/2 cup finely chopped walnuts, lightly toasted if desired  
4 cups total of any combination of fresh well-washed berries (strawberries, hulled and halved, blueberries, raspberries, blackberries)  
2 ounces bittersweet chocolate, for shaving

Note: Ingredient quantities depend on size of pan. This recipe is for a 9-inch trifle dessert pan. Preheat oven to 350° F degrees.

#### Directions:

Prepare two 9-inch round cake pans with non-stick spray or butter and lightly flour each pan.

(Layer 1) In a large mixing bowl or stand mixer, combine the cake mix, yogurt, and water and mix well until no lumps remain. Divide batter evenly into prepared cake pans and bake for 30 to 35 minutes, or until a toothpick inserted in the center of the cake emerges cleanly. Allow the

cakes to cool completely in the pans.

Meanwhile, in a medium mixing bowl, mix the ricotta, coconut milk, shredded coconut and agave. With a rubber spatula, gently fold them together to fully combine. Remove the cake from its pan and place in desired glass dish with high sides. Evenly spread half of the whipped topping mixture on top of the cake (Layer 2).

In a large resealable bag, combine the oats, flaxseeds and walnuts. Seal the bag and shake well. Sprinkle half of the mixture evenly over the ricotta (Layer 3), then top with the berries to cover the whole cake surface (Layer 4).

Repeat all 4 layers with the other half of the ingredients. Using a vegetable peeler, shave the bittersweet chocolate decoratively over the top (Layer 5). Serve dessert by scooping portions of the cake and all its layers into shallow bowls.

*Recipe courtesy of Gail Simmons*

For more Dr. Oz recipes, go to <http://www.doctoroz.com/recipes>.

## The Funnies

### The reason they invented PHOTOSHOP



Folks who don't know why America is the Land of Promise should be here during an election campaign.

-Milton Berle

Experience is something you don't get until just after you need it.

Unknown

## Spotlight: Annette Jackson, Administrative Support Assistant , D3

### Who do you identify with from history?

I was always drawn to and intrigued by the colonial days. I read and re-read a book about Abigail Adams; I loved that time. I might not want to live then because of the wars, but I want the simplistic and togetherness-where-you-help-each-other lifestyle. I would have to work a lot harder, but I don't mind hard work.



### What is your motto in life?

Treat others the way you want to be treated and think of others beside yourself first.

### How would you describe yourself in three words?

Sensitive, Sarcastic, Sincere.

### What did you want to be when you were a kid?

I wanted to be a nurse and if I could go back, I would do that, but I don't think I have the energy now.

### What do you consider your greatest achievement to date?

My kids and grandkids. That was all I ever really wanted to do was raise my family. For many years I didn't work because I was taking care of my family. When I came back to work, I didn't expect to find such a good job.

### What would you do if you won a million dollars?

Take care of my family. And I always thought it would be so much fun to buy someone a car who needs it desperately, or pay someone's bills who can't afford them. Random acts of kindness.

### What scares you?

Losing my kids or grandkids in any way-physically, emotionally, spiritually.

### What would you do if you had a time machine?

Go back in time to colonial times. I don't want to see the future!

### Which super power would you like to have and why?

ESP to know what other people are thinking, to know if they're sincere or not, to know their motives.

### Describe a time when you laughed at something you did?

I tend to be a serious person but I as I get older I don't let things get to me as much as I used to. I guess spending time with my grandkids and laughing with them as they learn is the most fun I have. I would give up just about anything to spend time with them.

### Who is your favorite professional sports team?

I don't have one but my kids are big Pittsburgh Steelers, so I lean toward them.

### What are your hobbies?

Reading, and my favorite hobby, my grandchildren, are about all I can squeeze in! I have six grandchildren ages 2-8 and they're with us a lot, so it is wild & wonderful! I don't get much rest on the weekends, but I'll rest and clean my house when they get older and don't want to come over anymore.

### What is in your CD collection?

Country music and old rock & roll (from the 70's).

### What is the last book you read?



In the Still of the Night, by Ann Rule. I like true crime stories. They seem kinda gory, but that's not the part that interests me. I like to see how they figure out who did it and how they solve it. **If Hollywood made a movie about your life, who would you like to see play the lead role as you?**

I don't know, but I did have someone tell me once that he thought I reminded him of Meryl Streep, so I'll take her!

### Anything else you want to share?

I love my job. I worked at the Caverns for 13 years before I came here. I enjoy the small office and I'm enjoying working here. I like being here in town, off on weekends, and I'm just enjoying the Guadalupe Ranger District. It's all or nothing around here, not much in between.



Spider Cave, Carlsbad Caverns





### BE BRIGHT ABOUT LIGHT!

Artificial lighting accounts for about 44% of the electricity use in office buildings.

Flipping a switch is one of the easiest way to save electricity and money. Make it a habit to turn off any light when you leave a room.

Standard incandescent light-bulbs use a lot of energy and are more efficient as heaters than as lights. Only 10-15% of the energy used by incandescent lights goes toward making light; the rest turns into heat. That's why standard incandescents get so warm.

Compact Florescent Lights (CFLs) use about 1/6 as much energy and last about 10 times longer than standard incandescent. CFLs have small amounts of mercury in them, so please dispose of properly. Each District office has a box for this. Lights in the SO are taken care of through the lease.

LEDs (light-emitting diodes) have gained popularity as a good choice for flashlights and decorative lights. They are well suited to these jobs because they are far more durable than incandescent or CFL bulbs, and have a longer life-span. LED lights also emit very little heat when they are running, making them a good choice for in-home decorative lights.



## A long time ago, on a District not so far away...

Years ago, area residents came from miles around to dance at Pine Lodge on Saturday nights. Although Pine Lodge burned down years ago, the area continues to be a popular destination for Roswell residents. Located at the very NE corner of the Smokey Bear Ranger District and adjacent to the Capitan Mountains Wilderness, about 30 recreation residence permits are currently in effect for Pine Lodge homes and cabins. You can take a day trip to this unique place by following NM246 north out of Capitan for about 30 miles until you turn right (south) onto FR130. The site is at the very end of this road. Take Trail 64 up to see Chimney Rock and the top of the Capitan Mountains.



## Moooooving On!

**Michelle Lane**, promotion to Region 4 Regional Budget Coordinator, GS-560-12 in Ogden, UT

**Cory Betz**, reassignment to Engine Captain GS-462-7 on Manti-LaSalle NF, Region 4, Utah

**Michael Gordon**, promotion to Blue Ridge Hotshot Squad Boss GS-462-6/7 on Coconino NF, Flagstaff, AZ



**Andrew Sánchez Meador** has accepted the position of Program Director of Biometrics and Forest Management with the Ecological Restoration Institute (ERI) at Northern Arizona University (NAU) in Flagstaff, AZ

**Russell Schneider**, promotion to Engine Captain GS-462-7 at Queen, NM

### Transfer-In

**Mark Heintzelman**, from Bloomingdale, Illinois and Wenatchee, Washington to Lincoln NF Assistant Fire Engine Operator GS-462-6 at Queen, NM